



## **Arlington Youth Health and Safety Coalition January Minutes**

Date: *September 3rd, 2020*

Time: *5:30- 6:30pm*

Location: *Virtual (via Zoom)*

Staff Present: Karen Koretsky

Attendance: Kathy Hirsch, Sarah Augood, Cindy Bouvier, Gwen Van Allen, Joe Curro, Max Ballerini, Maya Jacob, Bryan White

### **Minutes**

1. Check ins
2. Covid-19: The Impact on our work. How to proceed. The pandemic has accelerated the mental health crisis. Internet searches for anxiety and panic were up 11% compared to the same time frame in 2004. Overdose deaths are also on the rise. Suicide and overdoses=deaths of despair. Public health experts predict a potential 75,00 deaths of despair by year end. Mental health begins in childhood. Early intervention and prevention work. Can we adopt an upstream approach?
3. Karen reported back information shared in Marian Ryan's Opioid task force meeting in September and her meetings with community members.
4. Committee Updates:
  - Students- Maya Jacobs shared information about a Coursera class offered through Emory university: Addiction and the Brain. approx 35 AHS students took the class last spring and seemed to really appreciate the information on genetics, neurology and vulnerability.. We will suggest this course to Arlington Catholic. Maya will provide a list of students who took the class to Karen in case they want to join the Coalition.
  - Kathy Hirsch told the group that Maya received a competitive award by UVM presented to a student who shows excellence in peer outreach and public health work.
  - Max spoke about the hybrid approach ACHS is taking.
  - Group discussed youth initiated mentoring of middle school students.
  - How do we reach students and parents? Student run instagram account? Parent videos and training?
5. Special presentations-Bryan White SRO Report

His role as SRO has changed since Covid-19 since schools are not in session. He has been spending more time on patrol and mediating with parents.

6. What's New-

- Guidance at AHS will also look different this fall. Students will email a counselor directly online to make an appointment to be seen.
- Recreational Marijuana Establishment-Slated to open the third week of September.

7. Upcoming Community Events of Interest:

Meeting adjourned at 6:30pm.

Next meeting is scheduled for October 1, 2020 at 5:30pm.